

CCGC ACRO GYM POWER 2019

Edmonton, Alberta • 4130 101 street NW

April 27th & 28th
JUNIOR OLYMPIC LEVELS
YOUTH & FIG
MASTER THE CANES
GROUP ROUTINES



Email Erin@capcitygym.com
Registration Package will be available at
www.capcitygym.com

CCGC Gym Power Acro 2019

April 27th & 28th 2019

Location: Capital City Gymnastics Centre, Edmonton AB, 4130 101 street NW, T6E 0A5

Levels: JO 5-10, Youth, FIG, Master the Canes, Group Routines

Registration Fees:

\$80 per athlete registering in JO 8+, and FIG

\$65 per athlete registering in JO 5-7, Youth, or Group routine

\$25 per athlete registering in MTC

\$25 per athlete registering in 2nd, or 3rd event (example, Sara is competing in JO 8, as well as a group routine & MTC, so her registration fee would be \$80 + \$25 + \$25)

Spectator fees: \$5.00 per person/day, or \$10.00 per family/day. Children under 5 are free.

Preferred method of payment is by cheque. Cheques can be made out to:

Capital City Gymnastics Centre and mailed to 4130-101 Street, Edmonton, AB, T6E 0A5

Deadlines:

Registration and payment due by: March 1st, 2019

Late registrations will be subject to a \$15.00 late fee

Music and Tariff sheets due by: April 15th, 2019.

Equipment: 2 SPRING FLOORS, Additional equipment such as spotting mats, mini-trampolines and or stacking blocks may be requested (not guaranteed)

Awards: ACRO: MEDALS FOR 1ST TO 3RD AND ALL AROUND, RIBBONS FOR 4TH TO 8TH PLACE, MTC: MEDALS FOR 1st to 3rd, GROUP ROUTINES: MEDALS FOR 1st to 3rd.

Contact Information: Acro Coordinator: Erin@capcitygym.com

Schedule:

A detailed schedule will be sent out once registration is closed

Host Hotel:

Radisson Hotel – Edmonton South, 4440 Gateway Blvd, Edmonton AB, T6H 5C2

Booking instructions:

Call:

+1 780 437 6010 (hotel front desk, open 24/7) or +1 800 333 3333 (Central Reservations, open 24/7)

- Mention the block name: "Gym Power Acro"

- Reservations are open from Tuesday, January 29th to April 4th 2019

Rate information:

- Signature room (2 queen beds or 1 king bed with pullout couch – all sleep 4 guests)

- Dates of stay: April 26th to 28th 2019

- Rate per room per night: \$129.00 plus applicable taxes

- **Hot buffet breakfast included for up to 4 guests per room**

- Free parking (surface and heated underground) and Free Wi-Fi

- Swimming pool and Fitness & Racquetball Club on site

- Free daily shuttle to West Edmonton Mall

- Cancellation policy: 48 hours prior to arrival at no charge

Insurance:

All clubs are required to show proof of liability insurance. Each club/federation is responsible for ensuring its members have the appropriate coverage against accidents, illness or injury. Any accredited person(s) who cannot provide proof of adequate insurance coverage will not be permitted to perform.

Rules

All FIG Judging Rules apply and will be followed. JO 5-10, Youth (see below), FIG (AG1, AG2, Junior and Senior) 2017 – 2020

Ages:

Youth	8 years old – 16 years old
AG 1	9 years old – 16 years old
AG 2	10 years old – 18 years old
Junior	11 years old – 19 years old
Senior	Minimum 12 years old

Music

All clubs are asked to label music as follows:

AthleteLastName_CLUBNAME_SPECIALITY_CATEGORY_EXERCISE

Example: SmithJonesJohn_ABCGYM_WG_JO7_COM.mp3

Deadline to submit music is April 15th, 2019. Email will be distributed in the confirmation package.

Tariff:

All clubs are asked to label (pdf) Tariff sheets as follows:

AthleteLastName_CLUBNAME_SPECIALITY_CATEGORY_EXERCISE

Example: SmithJonesJohn_ABCGYM_WG_JO7_COM.pdf

Deadline to submit Tariff is April 15th, 2019. Email will be distributed in the confirmation package.

Youth Rules:

1 Combined exercise (difficulty is calculated in accordance with FIG 11-16 Age Group rules). 2 minutes maximum duration.

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables. **OPTIONAL can be from 11-16 difficulty tables but cannot be from the same rows used for the compulsory elements.

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (only 2 static holds of 3'' are required in the routine) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables. **OPTIONAL can be from 11-16 difficulty tables but cannot be from the same rows used for the compulsory elements.

Individual: 3 individual elements must be executed – Category does not matter i.e. can be cat1 or cat2 (NO SALTO REQUIRED).

Master the Canes

General Rules (Specific Rules will be emailed by request)

D-Level: Specific requirements; 1 static hold Limitations; max 2 static holds Forbidden elements; Handstand, elements on 1 hand

C-Level: Specific requirements; 2 different static holds Limitations; max 3 different static holds Forbidden elements; handstand (with the exception of a straight handstand on 2 hands or 2-on-1)

B-Level: Specific requirements; 3 different static holds (1 handstand) Limitations: max 4 different static holds

A-level: Specific requirements; 4 different static holds, 2 different handstands (Planche is not considered a handstand) No limitations

Group Category **Gymnaestrada & Team Performances Rules**

Suggested routine length:

Groups with 4 - 9 gymnasts: 3 minute maximum.

Groups with 10 - 19 gymnasts: 5 minute maximum.

Groups with 20 - 35 gymnasts: 10 minute maximum.

Groups with 36 or more gymnasts: 15 minute maximum.

Ages:

No age restrictions. This category is open to any and all participants.

Awards:

Teams placing in the top 3 will receive medals.

Music:

All clubs are asked to label music as follows: CLUBNAME_CATEGORY_GROUPNAME,
Example ABCGYM_GROUP_TIGERS1

Deadline to submit music is April 15th, 2019. Further information will be distributed in the confirmation package. *Please bring a back up copy of your music with you on the day of the event.

Participant Release and FOIP Form

ACRO GYM POWER 2019 APRIL 27th-28th 2019

Location: Capital City Gymnastics Centre,
4130 101 street NW Edmonton, AB

Participants Name: _____ Health Insurance Number: _____

Participant's Club: _____

Participant Release:

In consideration of the Capital City Gymnastics Centre providing service, supplies, and facilities for the above-mentioned event, I do hereby, for my child or ward, our heirs, executors and administrators, release and forever discharge Capital City Gymnastics Centre and all of its servants, agents, officers, employees and all persons assisting it and/or them for any or all liability for injury, loss, sickness, death or any other damage resulting from the negligence of the above mentioned-persons or in any cause whatsoever attribute in any way to the conduct of said persons or in any arising out of my participation in such event or which may arise out of my traveling to, and attend, or returning from such an event.

I hereby covenant and agree to save harmless Capital City Gymnastics Centre and its servants, agents, officers, employees and persons assisting them from all claims and demands whatsoever which may be made in respect of such injury, loss, sickness or any other damage which may happen to me, my child or my ward.

Signed This _____ Day of _____, _____

Athlete (over 18) or Parent/Guardian (if athlete under 18 years of age):

Witness: _____

FOIP:

Capital City Gymnastics Centre may be contacted by the media for participant quotes, interviews or pictures. These sounds and images (video and still) may be published or aired in a variety of locations, including audio tapings on television, radio and newspaper, as well as Capital City website and publications. Your permission is required for the above to take place.

Signed This _____ Day of _____, _____

Athlete (over 18) or Parent/Guardian (if athlete under 18 years of age):
